

Sandy Springs Tennis Center

The Sandy Springs Tennis Center, located at 500 Abernathy Road, Sandy Springs, GA, 30328, boasts 24 lighted tennis courts, a club house, pro shop, locker rooms with showers and a walking/jogging trail. The Tennis Center offers a large variety of programs suited for all levels from tots to adults including lessons, clinics, summer camps, team coaching, tournaments, round robins and corporate parties.

Registration* info and fees:

404-303-6182; www.sandyspringstennis.com

***Please note:** All adult and youth tennis teams playing matches or conducting drills on public tennis courts within the City of Sandy Springs must register their team at the Sandy Springs Tennis Center.

JUNIOR DEVELOPMENT TENNIS (BOYS/GIRLS AGES 4 & UP)

Summer Camps—Ages 6-16, Beginner, Advanced Beginner, Intermediate and Tournament players
Super Tots Tennis—for ages 4, 5 & 6
Junior Tennis School—introductory and intermediate levels for ages 7 and up
Junior Tennis Academy—for graduates from the Tennis School
Junior Tennis Elite—Level 1 and 2 available

ADULT TENNIS (AGES 18 & UP)

A number of programs are available for adults geared toward all skill levels and interests: **Lessons** (one-on-one sessions); **Tennis Factories** (group sessions); **Clinics** (fast paced drills); **Round Robin** (ongoing Mixed Doubles and Men's); **Rent the Ball Machine** (includes court time, balls and SSTC staff assistance with set up and programming the machine).

UPCOMING FALL TOURNAMENTS

September 15-16
USTA Junior Tournament
Georgia Level 5 Boys/Girls 12 & under

October 12-14
USTA Junior Tournament
Georgia Level 4 Boys/Girls 12 & under

November 5-9
ALTA Men's & Women's
Singles Tournament

November 12-16
ALTA Senior Ages 45 and 55
Doubles Tournament

Morgan Falls Sports Complex

The Morgan Falls Athletic Complex, located at 450 Morgan Falls Place, Sandy Springs, GA, 30350, includes athletic fields, picnic areas, playgrounds, concessions, restrooms, administrative and maintenance buildings and a stadium with a seating capacity of more than 300.

The Sandy Springs Youth Sports (SSYS) athletic association provides football, cheerleading, softball, baseball and buddy baseball programs at the Morgan Falls facility.

For additional program or registration information, contact the SSYS association at www.sandyspringsbaseball.com or www.sandyspringsfootball.com.

FOOTBALL AND CHEERLEADING (GRADES K-6TH)

Registration: Now Open

Program Dates: Weeks of August 3 - November 16
Information: www.sandyspringsfootball.com

Instructor: Sandy Springs Youth Sports Association volunteer coaches

Flag Football: Grades K - 1st

Tackle Football: Grades 1st - 6th

Flag Cheerleading: Grades Pre-K - 1st

Pee Wee Cheerleading: Grades K - 2nd

D1 Cheerleading: Grades 3rd - 6th

Registration Info:
www.sandyspringsfootballinfo@gmail.com

BASEBALL AND SOFTBALL (AGES 5-12)

Registration: Opens in November

Baseball Information: www.ssysbaseball.com or fall.baseball@sandyspringsbaseball.com

Softball Information: www.ssysbaseball.com or vp.softball@sandyspringssoftball.com

Instructor: Sandy Springs Youth Sports Association volunteer coaches

Baseball: Ages 5 - 12

Softball: Ages 5 - 12

Registration Info:
www.sandyspringsbaseball.com

JOIN US AT THESE UPCOMING EVENTS:

SEPTEMBER 22-23 - SANDY SPRINGS FESTIVAL

Look for our booth located at the intersection of Sandy Springs Circle and Hilderbrand Drive during the festival and be sure to catch some of our program demonstrations on the Heritage Green Stage throughout the weekend.

KEEP AN EYE OUT FOR OUR UPCOMING WINTER EVENT.



FIND US ON FACEBOOK
@
COSSREcandPARKS

INTERESTED IN FACILITY RESERVATIONS?

SSUMC Hitson Memorial Activities Center

85 Mt. Vernon Hwy

The facility contains:

- Several meeting rooms
- Formal Parlor
- Large Meeting Room
- Small Meeting Room
- Gymnasium
- Parlor Room and Gymnasium can accommodate large groups
- Additional chairs and tables are available
- Kitchen available for use

FOR MORE INFORMATION ON THIS FACILITY CALL
404.255.1181



Formal Parlor

Heritage Sandy Springs

6110 Blue Stone Road

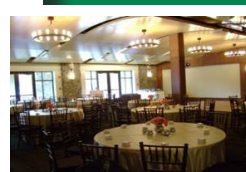


Williams-Payne House and grounds

Williams-Payne House and grounds

- 150 seated
- 200 reception

Heritage Hall and Lower Veranda



Heritage Hall and Lower Veranda

- 175 seated
- 250 reception

Community Room and Upper Veranda



Community Room and Upper Veranda

- 75 seated
- 150 standing

Sandy Springs Society Entertainment Lawn



Sandy Springs Society Entertainment Lawn

- 1,000 seated
- 1,000 standing

FOR RATES AND AVAILABILITY
CALL 404.851.9111

PROGRAM LOCATION COLOR LEGEND

HAMMOND PARK GYMNASTICS CENTER
- 705 HAMMOND PARK DRIVE

HAMMOND PARK TENNIS COURTS -
6005 GLENRIDGE DRIVE

HAMMOND PARK TURF FIELD -
705 HAMMOND PARK DRIVE

MORGAN FALLS OVERLOOK PARK -
200 MORGAN FALLS ROAD

SSUMC HITSON MEMORIAL
ACTIVITIES CENTER -
85 MT. VERNON HWY.

DUNWOODY SPRINGS ELEM. -
8100 ROBERTS DRIVE

ISON SPRINGS ELEM. -
8261 ISON ROAD

LAKE FOREST ELEM. -
5920 SANDY SPRINGS CIRCLE

SANDY SPRINGS MIDDLE -
8750 COLONEL DRIVE

HIGHPOINT ELEM. -
520 GREENLAND ROAD

WOODLAND ELEM. -
1130 SPALDING DRIVE

TWO LOCATIONS -
LAKE FOREST ELEM. AND HAMMOND
PARK GYMNASTICS CENTER

TWO LOCATIONS -
HAMMOND PARK TURF FIELD AND
HIGH POINT ELEM.

TWO LOCATIONS -
SSUMC HITSON MEMORIAL
ACTIVITIES CENTER AND
SANDY SPRINGS MIDDLE

VARIOUS LOCATIONS -
HIGH POINT ELEM.,
ISON SPRINGS ELEM. AND
WOODLAND ELEM.

TWO LOCATIONS -
HAMMOND PARK TURF FIELD AND
DUNWOODY SPRINGS ELEM.

SANDY SPRINGS GEORGIA

RECREATION AND PARKS DEPARTMENT



FALL GUIDE 2012

YOUTH AND ADULT RECREATION PROGRAMS*

* Please note that all activity and program dates are subject to change.

Leisure Programs

KIDZART (CO-ED AGES 5-12)

Fall Session 1 (5 weeks):
September 8, 15, 22, 29 and October 6
Fall Session 2 (5 weeks):
October 20, 27 November 3, 10 and 17

MEETING DAY/TIME:

Saturday, 12:30 - 1:30 p.m.
Instructors: KidzArt Certified Instructor
Cost: \$75.00/session
Min/max: 7/25

KIDS COOKING AND ETIQUETTE (CO-ED AGES 5-14)

Fall Session 1 (4 weeks): Party Foods
September 10 - October 1
Fall Session 2 (4 weeks): The Four Course Meal
October 8 - 29

MEETING DAY/TIME:

Monday, 4 - 5:00 p.m.
Instructor: Shelia Bozeman
Cost: \$60.00/session
Min/max: 6/12



CREATE IT THEATRE ACT 1 & 2 (CO-ED AGES 6-13)

Fall Session ACT 1 (5 weeks):
September 15, 22, 29, October 13 and 20
Fall Session ACT 2 (5 weeks):
November 3, 10, 17, December 1 and 8

MEETING DAY/TIME:

Saturday, 9:00 a.m. - Noon (weeks 1-4) AND 9:00 a.m. - 6:00 p.m. (week 5) includes a 5:30 performance for family and friends
Instructor: Tameka Anderson, owner & director L.A. Say. Inc.
Cost: \$85.00/session
Min/max: 12/25



DISCOVER THE NIGHT SKY

MONTHLY EDUCATIONAL PROGRAM (ALL AGES)

FREE

MEETING DAY/TIME:

3rd Friday of each month, September 21, October 19 and November 16
Time: 7 - 7:30 p.m. - Newcomer/Beginner Program
8 - 9:30 p.m. - Guest Speaker Program

Cost: Free for all ages
Min/max: 8/75
Each month the Atlanta Astronomy Club will present an educational program on a different topic for newcomers and beginners followed by a scheduled guest speaker program for those interested in the more detailed aspects of astronomy and astrophysics. You may also bring any type of telescope - new, unused or rarely used - if you need some instruction on how to operate it.

REGISTER TODAY

WWW.SANDYSPRINGSGA.GOV/REGISTRATION

The City of Sandy Springs fully believes that recreation and leisure are an integral part of a full, balanced life.

How to Register

Online: Visit www.sandyspringsga.gov/registration to create an account to register and pay online.

- Click "View Activities" button on the registration home page.
- Select the activity that you would like to enroll in.

Clicking the main activity name will show you a detailed activity description including pricing and availability.

- Click the "Add to My Cart" button if you wish to register for the activity. If the activity is full, you will be given the option to be placed on a waiting list.
- Confirm your activity name, date and time, enrollee and price.
- Click "Continue" to proceed with payment, once payment is processed, a receipt will be emailed.

Leisure Programs

FALL EQUINOX STAR GAZING (ALL AGES)

MEETING DAY/TIME:

Friday, September 28
Time: 7:30 - 10:00 p.m.

Instructor: Atlanta Astronomy Club

Cost: FREE; Pre-registration is requested

Min/max: N/A

Please be aware that the astronomers and demonstrators must cut off the line for each telescope to enable all viewing to be completed by 9:45 p.m.



DISCOVER THE NIGHT SKY - HOW TO BUY & USE A TELESCOPE (ALL AGES)

Session 1: How to Buy a Telescope as a Gift

Session 2: How to Set Up and Use Your New Telescope

MEETING DAY/TIME:

Session 1: Friday, November 2
Session 2: Friday, January 11, 2013
Time: 7:30 - 9:00 p.m.

Instructor: Atlanta Astronomy Club

Cost: FREE; Pre-registration is requested

Min/max: 7/50



MUSIC TOGETHER® (CO-ED AGES 0-5)

Music Together is an internationally recognized early childhood music and movement program. Nurture your child's natural enthusiasm for music during the critical early childhood years, and experience the joy that comes to a family that makes music together.

FREE Demo: Wednesday, August 29
30 minutes, no charge, registration is required
Time: 10:30 a.m.

MEETING DAY/TIME:

September 12 - November 14
Wednesday, 10 - 10:45 a.m. or 11 - 11:45 a.m.
Instructor: Angela Ryles, MM, MT-BC
Cost: \$125.00 + \$40.00 lab fee
Min/max: 8/12

Special Needs Programs

The Sandy Springs Recreation Department, in partnership with Fulton County Schools, will host the upcoming Special Olympics Bocce competition to provide leisure and athletic opportunities for special needs youth.

SPECIAL OLYMPICS BOCCÉ SKILLS COMPETITION (CO-ED AGES 8-17)

EVENT DAY/TIME:

Friday, November 30
Time: 10:00 a.m. - Noon

FREE

Youth Programs

GYMNASTICS (AGES 12 MONTHS - 18 YEARS)

Our youth programs provide gymnastics instruction for boys and girls of various skill levels from 12 months to 18 years of age. Gymnastics is a great activity that develops strength, coordination, balance, flexibility and self-confidence.

MEETING DAY/TIME:

Dates: 16 week Fall Gymnastics Term August 20 - December 17 (No Classes 9/3 or 11/19-24)
A.M. and P.M. classes are available **Monday-Saturday**. For a complete class schedule visit www.sandyspringsga.gov/gymnastics
Instructor: Gymnastics staff
Cost: \$91.00 - \$264.00 (price varies by length of class and county of residence)
Min/max: 3/8

SPOR TOTS (AGES 18 MONTHS - 5 YEARS)

Children will learn a wide variety of sports concepts and movement exercises. Our goal is to keep children engaged and happy as they are building confidence for the future.

ParentTots: Ages 18 months - 2.5 years

MiniTots: Ages 3 - 4

SuperTots/MiniTots: Ages 3 - 5

MEETING DAY/TIME:

Classes: are available Monday-Friday. For a complete class schedule visit www.sandyspringsga.gov/SporTots
Instructor: Stephanie Yackley
Cost: \$52.00/4 week session; classes meet once a week
Min/max: 3/8

INTRO TO TENNIS (CO-ED AGES 5-14)

Fall Session 1 (4 weeks): August 28 - September 20
Fall Session 2 (4 weeks): September 25 - October 18
Fall Session 3 (4 weeks): October 23 - November 15

MEETING DAY/TIME:

Ages 4-5, Tuesday, 4-4:55 p.m.
Ages 6-7, Tuesday, 5-5:55 p.m.
Ages 8-9, Thursday, 4-4:55 p.m.
Ages 10-14, Thursday, 5-5:55 p.m.
Instructor: Matata Tennis, Inc.
Cost: \$25.00/session
Min/max: 3/16

All participants must bring a youth size tennis racket, a set of 3 low compression tennis balls (red & yellow, ages 5-8 or orange & yellow, ages 9-10 or yellow felt, ages 10-14), a water bottle each day and wear comfortable athletic attire and tennis shoes.

Please note – intermediate or advanced level and semi-private or individual lessons are available at the Sandy Springs Tennis Center located at 500 Abernathy Road.

CAPOEIRA (AGES 4-12)

Each 60 minute class includes training in capoeira movements such as the ginga, kicks and defenses along with games and activities designed to aid in sensory and developmental coordination.

MEETING DAY/TIME:

Days: Saturdays. 2 - 3:00 p.m.
Advanced - Saturdays, 3 - 4:00 p.m.
Instructor: David and Dabney de Lima
Cost: \$25.00/month
Min/max: 5/15

LOOKING FOR THE LOCATIONS OF THE PROGRAMS?

Find them on the Program Location Color Legend on the back page of the Guide.

YOUTH SOCCER LEAGUES (CO-ED GRADES PRE-K-5TH)

Registration Dates: Opens in July
Program Details: To provide a quality athletic program for children in grades pre-k through 5th that teaches teamwork and sportsmanship.
Parent's Information Meeting: Thursday, August 23 at 6:00 p.m. at Hammond Park, Administration Building located at 6005 Glenridge Drive

MEETING DAY/TIME:

Program Dates: Week of August 27 - November 8
The number of teams in each age division will determine the days and times of practice and games **Mondays** - Pre-K League (minimum 4 years of age)
Tuesdays - Kindergarten League
Wednesday's - 1st and 2nd Grade League
Thursday's - 3rd, 4th, and 5th Grade League
Time: Practices are from 6 - 7:00 p.m. on the particular leagues day and Game times are at 6:00 p.m. and/or 7:00 p.m. depending how many teams are in each league
Instructor: Recreation staff and Volunteer coaches
Cost: \$25.00 includes game jersey
Min/max: 20/75 per age division

KARATE (AGES 6 - 12 YEARS)

Fall Session: (12 weeks) September - November

The goal is to strengthen the individual in all aspects of development and each practitioner is encouraged and assisted in developing all facets of his or her personality, including intellectual, moral, and physical aspects.

MEETING DAY/TIME:

Ages 6 - 12: Tuesday, 6:30 - 7:30 p.m. AND Saturday, 9:30 - 10:30 a.m.
Instructor: Mark Moeller
Cost: \$90.00/12 weeks
Min/max: 10/50

YOUTH LACROSSE PROGRAM

(BOYS/GIRLS GRADES 2ND-5TH)

Registration Dates: Opens in July
To register online visit ayllax@charter.net
For assistance with registration, cost, game times, etc. contact: Atlanta Youth Lacrosse at 678-367-0862. For additional information visit the Atlanta Youth Lacrosse website at www.ayllax.com.

MEETING DAY/TIME:

Program Dates: Weeks of August 20 - November 2
Monday, Wednesday, Thursday and Friday, 6-8:00 p.m.
Instructor: Recreation staff with Atlanta Youth Lacrosse

YOUTH FLAG FOOTBALL

(CO-ED GRADES AGES 7-9)

Registration Dates: Opens in July
To register online visit georgiasportsleagues.org/
For assistance with registration, cost, game times, etc. contact: Georgia Sports Leagues at 678-799-0159

MEETING DAY/TIME:

Program Dates: Weeks of August 20 - November 2
Instructor: Recreation staff with Georgia Sports Leagues

FREE PLAY KICKBALL LEAGUE

(CO-ED GRADES 2ND-5TH)

Registration Dates: Opens in July
This is a fun, structured free play program designed to help spark interest in a youth kickball league. All participants must be registered to participate.

MEETING DAY/TIME:

Program Dates: September - November
Day/Time: Tuesday, 6-8:00 p.m.
Instructor: WAKA Atlanta coordinators and Recreation staff
Cost: FREE
Min/max: 10/60



CHEERLEADING (AGES 8 - 18)

Classes are one hour long consisting of stretching, running tumbling, standing tumbling, jumps, motions and conditioning.

MEETING DAY/TIME:

8 - 12 Years old: Monday, 7:00 p.m.
8 - 12 Years old: Wednesday, 7:00 p.m.
13 - 18 Years old: Monday, 8:00 p.m.
13 - 18 Years old: Wednesday, 8:00 p.m.
Advanced class 8 years old +: Thursday, 8:00 p.m.
Instructor: Jeremy Jump
Cost: \$60.00/month
Min/max: 5/15

DANCE (AGES 3 - 8 YEARS)

This class provides an education in ballet and jazz with a focus on improving balance, coordination, rhythm, and basic dance technique. Attire is leotard and ballet shoes.

MEETING DAY/TIME:

Dates: 16 week Fall Gymnastics Term August 20 - December 17 (No Classes 9/3 or 11/19-24)
Creative Movement (Age 3 - 4): Saturday, 1:00 - 1:45 p.m.
Preschool Dance (Age 4 - 5): Saturday, 1:45 - 2:15 p.m.
Ballet/Jazz (Age 5 - 8): Thursday, 3:45 - 4:30 p.m.
Hip Hop (Ages 5 - 8): Thursday, 4:30 - 5:15 p.m.
Instructor: Dance staff
Cost: \$160.00/Fall term
Min/max: 5/15

RHYTHMIC GYMNASTICS (GIRLS AGES 4-17 YEARS)

Rhythmic gymnastics provides instruction for girls who love music and dance, and thrive on creativity. Girls have the opportunity to develop coordination, strength and flexibility, as well as self-expression and body alignment. Proper techniques are taught for both body and hand apparatus work with rope, hoop, ball, clubs, and ribbon.

MEETING DAY/TIME:

Beginner (Age 4-6): Saturday, 2-3:30 p.m.
Beginner (Age 7-13): Saturday, Noon - 2:00 p.m.
Beginner (Age 7-13): Wednesday, 5 - 6:30 p.m.
Team Classes available for info call 678-520-7344
Instructor: Anna Sokolova
Cost: \$65.00 - \$85.00/Month

GOLF CLINICS (CO-ED GRADES 2ND-5TH)

Registration Dates: Opens in July

MEETING DAY/TIME:

Program Dates: Week of September 3 - November 5
Day: Wednesday
Time: 3:30-4:15 p.m.
Instructor: Trevor Ramos and Ashish Khorana
Cost: FREE
Min/max: 5/10 per day

FREE

HOLIDAY HOOPS 2 ON 2 BASKETBALL SKILLS CHALLENGE (CO-ED GRADES 6TH-8TH)

Registration Dates: Opens in July

MEETING DAY/TIME:

Program Date: Friday, December 7
Time: Check-in at 5:30 Competition begins at 6:00 p.m.
Contests: Girls and Boys 2 on 2 round robin tournament, free throw and 3-point shooting contest
Cost: \$25.00 includes tournament t-shirt
Min/max: 10/30

ONLINE REGISTRATION

Visit sandyspringsga.gov/registration, create an account, register your information and pay online.

BASKETBALL INTRAMURAL LEAGUE

(CO-ED GRADES 2ND-5TH)

Registration Dates: Opens in July
Information Meeting: In the following school's cafeteria
Ison Springs Elementary, 8261 Ison Road - Tuesday, November 6 at 6:00 p.m.
High Point Elementary, 520 Greenland Road - Wednesday, November 7 at 6:00 p.m.
Woodland Elementary, 1130 Spalding Drive - Thursday, November 8 at 6:00 p.m.

MEETING DAY/TIME:

Program Dates: November 2012 - February 2013
Time: Practice and games are held during the week
2nd & 3rd Grade takes place on Mondays and Wednesdays
4th & 5th Grade takes place on Tuesdays and Thursdays
Instructor: Recreation staff and volunteer coaches
Cost: \$25.00 includes game jersey
Min/max: 25/300

17 & UNDER BASKETBALL LEAGUE (CO-ED)

Registration Dates: Opens in July
Highschool Students only

MEETING DAY/TIME:

Program Date: Tuesdays Hitson hursday's in October 2012 - February 2013
Days: Tuesdays, SSUMC Hitson Memorial Activities Center; Thursdays, Sandy Springs Middle School
Time: 7 - 9 p.m. The number registered will determine the day and time of practices and games. Practices and games will be held during the week and possibly on Saturdays.
Instructor: Recreation staff
Cost: FREE
Min/max: 20/100

FREE

VOLLEYBALL LEAGUES (AGES 18-UP)

Registration Dates: Opens in July
Teams and New Players Informational Meeting- Hammond Park, Administration Building located at 6005 Glenridge Drive, Tuesday, August 14 at 6:00 p.m.

MEETING DAY/TIME:

Season: Begins week of August 27
Game Times: 7:00, 8:00 and 9:00 p.m.
Cost: \$305.00/team
Divisions: Co-ed Power - Monday
Open Gym Night - Tuesday
Women's Power - Wednesday
Min/max: 6/12 teams per division

FLAG FOOTBALL (AGES 18-UP)

Registration Dates: Opens in July

To register online visit www.georgiasportsleagues.org/
For assistance with registration, cost, game times, etc. contact: Georgia Sports Leagues at 678.799.0159

MEETING DAY/TIME:

Program Dates: Weeks of August 20 - November 2
Instructor: Recreation staff with Georgia Sports Leagues

GYMNASTICS (AGES 18-UP)

The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This all-around workout uses every muscle in your body and helps develop gymnastics skills for all levels.

MEETING DAY/TIME:

Dates: 16 week Fall Gymnastics Term August 20 - December 17 (No Classes 9/3 or 11/19-24)
Classes are available **Monday-Saturday**.
For a complete class schedule visit www.sandyspringsga.gov/gymnastics
Instructor: Gymnastics staff
Cost: \$240.00 - \$264.00 (price varies county of residence)
Min/max: 3/8

CAPOEIRA (AGES 18-UP)

Each class consists of a warm up, group calisthenics, training individual movements and partnered sequences. Every class is different and adapted to meet the needs of the students present so you will be challenged.

MEETING DAY/TIME:

Days: Tuesdays. 8 - 9:00 p.m. and/or Saturdays, 4 - 5:00 p.m. (no classes June 30 - July 7)
Instructor: David and Dabney de Lima
Cost: \$40.00/month (one day per week); \$80.00/month (two days per week)
Min/max: 5/15

KARATE (AGES 18-UP)

Fall Session: (12 weeks) September - November

The goal is to strengthen the individual in all aspects of development and each practitioner is encouraged and assisted in developing all facets of his or her personality, including intellectual, moral, and physical aspects.

MEETING DAY/TIME:

Adult: Tuesday, Thursday 7:30 - 9:45 p.m. AND Saturday, 10:30 a.m. - 12:45 p.m.
Instructor: Mark Moeller
Cost: \$90.00/12 weeks
Min/max: 10/50

SAMBASICS CLINIC (AGES 18-UP)

Workshop

The Sambasics workshop will provide an introduction to several substyles of samba, the most well-known dance form from Brazil. This workshop focuses on technique and form covering basic samba footwork, travelling movements and turns. Female participants are encouraged to bring high heels and a hip scarf to practice the final choreography at the end of the workshop.

MEETING DAY/TIME:

Saturday, September 8, 12:30 - 2:00 p.m.
Instructor: Dabney de Lima
Cost: \$25.00
Min/max: 15/25

DANCE AND FITNESS (AGES 18-UP)

Strength and Conditioning "Sweat and Burn" – high impact cardio mixed with circuit-work, flexibility training, resistance exercises, abdominal work, and overall strengthening of individual muscle groups. Feel free to bring hand/ankle weights, yoga mats, or towels...but not necessary. Attire is tennis shoes and comfortable clothing.
Zumba – class combines Latin rhythms with a high energy aerobic dance workout. With specific beats and tempo changes, the music guides this class, making exercise fun for beginners and the more advanced students.

MEETING DAY/TIME:

Ongoing classes/daily drop-ins available in person (no class 11/19/12)
Strength and Conditioning: Tuesdays, 9 - 10:00 a.m.
Zumba: Thursdays, 9:30 - 10:30 a.m.
Instructor: Dance staff
Cost: \$32.00/4 weeks (registration online only) or \$10/daily drop-in
Min/max: 3/20

LOOKING FOR A PARK TO VISIT IN SANDY SPRINGS?

HAVE AN iPhone?



DOWNLOAD THE
PARKSNREC APP
AND FIND US